



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS AAA TUESDAY E-MAILING June 27, 2006

SUBJECT	VDA ID NUMBER
<u>National Family Caregiver Support Program</u> (Ellen Nau)	06-137
<u>Congregate Nutrition Survey Results</u> (Elaine Smith)	06-138

Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: June 27, 2006

SUBJECT: National Family Caregiver Support Program

The Virginia Caregiver Coalition will be meeting on Thursday, July 13, 2006 in the Virginia Department for the Aging Conference Room from 10:00 A.M. to 1:00 P.M. Two items on the agenda will be advocacy for caregivers presented by Mr. Pete Giesen of V4A and the Coalition website on Senior Navigator. The Coalition cordially invites your participation – either by staff or caregiver of an agency client – in this meeting. Video conferencing will be available at Mountain Empire Older Citizens, Inc. in Big Stone Gap, Virginia. Attendees attending the meeting are asked to bring their own sandwich or salad. Dessert and drinks will be supplied. If you are planning to attend or have caregivers attend, please contact Ellen Nau at 804-662-9340 or Ellen.Nau@vda.virginia.gov.

The National Center on Caregiving at Family Caregiver Alliance reports that the audio recordings from two recent Caregiving Teleconferences (Caregiver Assessment on May 17, 2006 & Cultural Diversity and Caregiving on June 6, 2006) have been posted to the FCA website.

Please visit: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1648 to download the recordings as well as other presentation materials.

Employed Caregivers

Working Caregiver Study

New Jersey Institute for Successful Aging (University of Medicine & Dentistry of NJ) is seeking women age 50-64 for a national study of working caregivers. Participants will be interviewed by telephone and must be employed full time and providing unpaid help to community-dwelling. Relatives(s) or friend(s) age 50+. Call 1-877-NJ-AGING.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

SUBJECT: National Family Caregiver Support Program
June 27, 2006
Page 2 of 2

When Employees Become Caregivers – A Manager’s Workbook

A CMS document guides employers on how to make needed eldercare and Medicare information available to caregiving employees at little or no cost. For more information, visit:

<http://www.medicare.gov/Publications/Pubs/pdf/11035.pdf>

General Information for Caregivers

Medicare Basics – this publication offers information and suggestions for finding more resources for families and friends of people with Medicare. It highlights eight “decision points” related to the health or overall well-being of an older person that may be helpful to caregivers. For further information, visit: <http://www.medicare.gov/Publications>

New Resource for Long-Distance Family Caregivers – a new resource from the National Institute on Aging provides long-distance caregivers with ideas and resources for making caregiving more manageable and satisfying. For more information, visit: <http://www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving/default.htm>

New Online Resource for Family Caregivers – Johnson & Johnson in partnership with the U.S. Surgeon General and leading aging and caregiving organizations has launched a new caregiver initiative and website to support family caregivers. Information from Family Caregiver Alliance and other organizations is included in the site. Visit: <http://www.strengthforcaring.com>

Making the Transition from Hospital to Home – The Care Transitions Program at the University of Colorado at Denver Health Science Center has created two tools to support patients and their families as they make the transition for hospital to home – a patient centered record system that facilitates pertinent information between the patient, caregivers and healthcare professionals. For more information, visit: http://www.caretransitions.org/caregiver_tools.htm.

Trainings and Conferences

5th National Conference on Volunteerism and Family Caregiving July 28-30, 2006 Denver, CO
Information at: <http://www.nhpco.org/i4a/pages/Index.cfm?pageid=4653>

Alzheimer’s Association Dementia Care Conference September 11-14, 2006 Atlanta, GA
Information at: www.alz.org/careconference/06/proposals.asp

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: June 27, 2006

SUBJECT: Congregate Nutrition Survey Results

Early in May I distributed a memo and survey from District Three Senior Services, Marion, VA regarding congregate nutrition programs. Connie Blevins, Community Service Division Director and Mike Guy, Executive Director, were taking a close look at the way they provide congregate nutrition services to see if there might be a better way. Each agency has its own approach to this issue, and they wanted to gather information about who is doing what and how well it is working.

Following for your information are the results of the survey and additional comments gathered.

Thank you for your time and effort in providing this information. It looks like every AAA contributed to the survey. Thank you District Three for gathering and compiling the data.

[illegible]

OTHER COMMENTS

Food Prepared at site and served on site, less control of services/meals through vendors.

We use to have a central kitchen

We prepare all of our food at our central kitchen and send it to the meal sites by bulk in the Hot Shot Vehicle, which maintains proper temperatures at all times. This has been working very well for us and we do not foresee any changes at this time.

Shelf stable meal given to participant to take home. High gas costs have caused us to decrease site days to one day per week.

It is a challenge using different vendors and some meals are meeting the basic requirements and some are exceptional. For example, one site has soup with their meal every day. Lower priced meals are served in pre-packaged plastic and aluminum containers with plastic flatware. The higher priced meals are served cafeteria style on plates with stainless steel flatware. The challenges arise when the participants visit the different sites. Overall, I really like how we manage the congregate meals program.

Challenges we face in our current system:

Lack of control over vendors (delivery times, food quality, limited number of qualified vendors).

Use of churches and community centers as meal sites with no space to make our own.

Lack of funding for restaurant vouchers

Lack of funding for recreational activities and field trips

Transportation: cost, availability, managing multiple vendors

Five cafés are overseen by other agencies (i.e. community action agency, parks and recreation)—our agency provides meal service, but it is difficult to get partners to meet VDA standards for program planning.

VDA standards are “out of touch” in terms of what seniors aged 70-100 are looking for in a meal program.